

## ABSTRACT

The present invention provides processes for preparing SDG (secoisolariciresinol diglycoside) known to  
5 be a precursor of compounds having female hormone-like activities such as enterolactone and enterodiol as well as foods and drinks that can be prepared by incorporating SDG and that are effective for various symptoms caused by imbalanced female hormones such as menopausal symptoms,  
10 osteoporosis, hyperlipidemia, hypertension, obesity, depression and hot flashes.